

ABSTRAK

Self-hatred merupakan perasaan benci yang mendalam terhadap diri sendiri yang ditandai dengan penilaian diri negatif, penghinaan terhadap diri, serta kecenderungan menghukum diri akibat ketidaksesuaian antara harapan dan kenyataan. Pada generasi Z, kondisi ini berpotensi berkembang menjadi perilaku maladaptif, salah satunya *self-harm*. Penelitian ini bertujuan untuk menggambarkan *self-hatred* pada generasi Z pelaku *self-harm*. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kasus. Subjek penelitian berjumlah empat orang generasi Z kelahiran 1995–2010 yang memiliki riwayat melakukan *self-harm* dan dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan melalui wawancara semi-terstruktur, observasi nonpartisipan, dan dokumentasi. Analisis data menggunakan analisis tematik, sedangkan keabsahan data diperoleh melalui triangulasi sumber, teknik, dan waktu. Hasil penelitian menunjukkan bahwa seluruh subjek mengalami *self-hatred* yang ditandai dengan tuntutan berlebihan terhadap diri, kecenderungan menyalahkan dan merendahkan diri, perasaan tidak berharga, penolakan terhadap kebahagiaan, serta kecenderungan menyiksa dan merusak diri melalui perilaku *self-harm*. *Self-hatred* dipengaruhi oleh berbagai pengalaman negatif, seperti tekanan keluarga, hubungan interpersonal yang bermasalah, tuntutan akademik, kesulitan ekonomi, dan pengalaman yang buruk. Kondisi tersebut membuat subjek cenderung memendam masalah, menghindari pencarian bantuan, dan mengalami kesulitan dalam mengelola emosi negatif. Tumpukan emosi negatif tersebut kemudian mendorong subjek melakukan perilaku *self-harm*. Dapat disimpulkan gambaran *self-hatred* pada generasi Z pelaku *self-harm* memperlihatkan bahwa *self-hatred* berkembang melalui proses penilaian diri yang negatif secara terus-menerus hingga menimbulkan perilaku *self-harm* sebagai mekanisme koping yang maladaptive seperti menyayat tangan, memukul diri sendiri, membenturkan kepala, menarik rambut, bahkan, beberapa subjek menunjukkan keinginan mengakhiri hidup.

Kata Kunci: Self-hatred, Generasi Z, Self-harm, Studi Kasus

ABSTRACT

Self-hatred is a deep feeling of hatred towards oneself characterized by negative self-evaluation, self-contempt, and a tendency to punish oneself due to a discrepancy between expectations and reality. In Generation Z, this condition has the potential to develop into maladaptive behavior, one of which is self-harm. This study aims to describe self-hatred in Generation Z self-harmers. The study used a qualitative method with a case study approach. The research subjects were four Generation Z individuals born between 1995 and 2010 with a history of self-harm and selected using a purposive sampling technique. Data collection was conducted through semi-structured interviews, non-participant observation, and documentation. Data analysis used thematic analysis, while data validity was obtained through triangulation of sources, techniques, and time. The results showed that all subjects experienced self-hatred characterized by excessive demands on themselves, a tendency to blame and demean themselves, feelings of worthlessness, rejection of happiness, and a tendency to torture and self-destruct through self-harm behavior. Self-hatred is influenced by various negative experiences, such as family pressure, problematic interpersonal relationships, academic demands, economic hardship, and negative experiences. These conditions tend to cause subjects to suppress problems, avoid seeking help, and experience difficulty managing negative emotions. This accumulation of negative emotions then drives subjects to engage in self-harming behaviors. It can be concluded that the self-hatred profile of Generation Z self-harmers demonstrates that self-hatred develops through a process of persistent negative self-evaluation, leading to self-harming behaviors as maladaptive coping mechanisms such as cutting hands, hitting oneself, head banging, hair pulling, and even some subjects expressed suicidal thoughts.

Keywords: Self-hatred, Generation Z, Self-harm, Case Study